



PORK CHOPS

with Fennel-Apple Chopped Salad and Creamy Dill Potatoes

PRONTO



HELLO FENNEL

This delicious veggie has a sweet and anise-like flavour

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 499



Pork Chops, boneless



Baby Red Potatoes



Lemon



Whole Grain Mustard



Gala Apple



Fennel, sliced



Dill



Sour Cream

BUST OUT

- Large Non-Stick Pan
- Medium Pot
- 2 Medium Bowls
- Strainer
- Measuring Spoons
- Sugar (1 tsp | 2 tsp)
- Paper Towel
- Salt and Pepper
- Whisk
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Pork Chops, boneless 340 g | 680 g
- Baby Red Potatoes 340 g | 680 g
- Lemon 1 | 1
- Whole Grain Mustard 6,9 1 tbsp | 2 tbsp
- Gala Apple 1 | 2
- Fennel, sliced 170 g | 340 g
- Dill 10 g | 20 g
- Sour Cream 2 3 tbsp | 6 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Patting the pork dry before seasoning and cooking, helps reduce the amount of moisture the chop releases, creating less steam during cooking. This allows your meat to get a flavourful golden-brown crust.



1 BOIL POTATOES

Wash and dry all produce.* Cut the potatoes in half (or into quarters if they are larger). In a medium pot, combine the potatoes with enough salted water to cover (approximately 1-2 inches). Bring to a boil over high heat. Cook until the potatoes are fork-tender, 10-12 min.



4 COOK PORK

Pat the **pork** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the pork. Sear the pork until golden-brown and cooked through, 4-6 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F, as size may vary.**)



2 MAKE DRESSINGS

Meanwhile, roughly chop the **dill**. Juice **half the lemon** (1 lemon for 4 ppl). In a medium bowl, whisk together the **mustard, dill, 1 tsp sugar** (double for 4 ppl), **2 tbsp lemon juice** (double for 4 ppl) and **2 tbsp oil** (double for 4 ppl). Transfer **half the dill dressing** to another medium bowl and stir in the **sour cream**. Set aside.



5 FINISH POTATOES

When the **potatoes** are fork-tender, drain and add the potatoes to the **reserved dill-sour cream dressing**. Toss together and season with **salt** and **pepper**.



3 MAKE SALAD

Core, then cut the **apple(s)** into ¼-inch pieces. Core, then cut the **fennel** slices into ¼-inch pieces. Add the apple and fennel to the medium bowl with the **remaining dill dressing** (without the sour cream) and toss together. Season with **salt** and **pepper**. Set aside.



6 FINISH AND SERVE

Thinly slice the **pork**. Divide the **apple-fennel salad** between plates and top with the pork. Serve with the **potato salad**.

BRIGHT!

Dill adds both colour and fresh flavour to this spring dish!